



The Rail Gunner Weekly

41st Fires Brigade



1-21 FA



2-20 FA



589th BSB



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INSIDE THIS ISSUE

NG Signal Unit	3
Surgeon's Section	4
IP gets back on his feet	4
MP Award Ceremony	5
Iraqi Police Birthday	6



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Dr. Mohaimen Abdulridah and Col. Italo Bastianelli, 41st Fires Bde. Surgeon, look over a patient's information during the cooperative medical engagement at the Dujaylah clinic, Jan. 8. (U.S. Army photo by Sgt. 1st Class Joe Thompson)

Docs visit health clinic in Dujaylah

By Sgt. 1st Class Joe Thompson
41st Fires Bde. PAO

FORWARD OPERATING BASE DELTA, Iraq – Doctors from the 41st Fires Brigade Cooperative Medical Engagement Team visited the Dujaylah Health Clinic, to validate known challenges in healthcare faced by the Iraqi Ministry of Health, Jan. 8.

The visit is part of operation Gunner Med, a joint medical civil-military operation between the Wasit Director General of Health and the 41st Fires Bde. designed to restore the medical capacity in Wasit and to bring clinics up to the regional health care standard.

“Cooperative medical engagements allow us to experience the challenges first hand that our Iraqi partners face every day in providing healthcare,”

said said Col. Italo Bastianelli, 41st Fires Bde. Surgeon.

“We address these challenges with process improvement projects in the areas of infrastructure, equipment and medical education in order to build and sustain medical capacity in Wasit,” said Bastianelli.

The CME visits help to identify each clinic's problems so the Iraqi healthcare system can fix those problems and bring the healthcare standards up to the same level as the other gulf region countries, said Bastianelli.

One of the problems mentioned by an Iraqi women waiting to be seen was that there are no female doctors at the Dujaylah clinic, and for emergencies, people have to travel 20 kilometers west to the hospital in Kut.

SEE DOCTORS ON PAGE 2

DOCTORS, FROM PAGE 1

“Women’s health is one of many problematic areas facing the Iraqi healthcare system,” said Bastianelli.

Operation Gunner Med is working with the Director General of Health for Wasit province to improve access to quality healthcare for women. Recent initiatives include sponsorship of the mobile health clinic allowing rural areas access to healthcare with a priority focus on women’s health and wellness, a maternal-child conference held last November and sponsorship of midwifery training for women from rural communities.

“We also help the clinics with facility improvements, for example some of these facilities don’t have good labs, guard shacks, air conditioners or drinkable water and we’re able to help by identifying those things,” said Sgt. 1st Class Shane Waite, Operations Sergeant for the Surgeon Cell.

Depending on how much work a clinic may need, funds may be available under the Commanders’ Emergency Response Program or the Iraqi Commanders’ Emergency Response Program to fix some of the problems.

“CERP and I-CERP projects are identified to support improving the infrastructure, equipment, training and educational opportunities that will increase the medical capacity supporting the DG of Health’s objectives for improving his system,” said Bastianelli.

The combined medical effort also helps to build a rapport with the staff at each



An elderly man waits at the front gate of the Dujaylah clinic, while other patients are seen inside by U.S. and Iraqi doctors, during a cooperative medical engagement, Jan. 8. (U.S. Army photo by Sgt. 1st Class Joe Thompson)

clinic, said Sgt. 1st Class Shane Waite, Operations Sergeant for the Surgeon Cell.

“Most of these patients are already being treated by this Iraqi doctor here at this clinic, and they get reassurance that the Iraqi doctors are doing the right thing when they see the American doctors agreeing with a diagnosis,” said Waite.

“Iraqi doctors are well trained but their ability to provide care is limited because of the lack of critical resources,” said Bastianelli.

One critical resource is the lack of

medical providers. Nearly 8,500 physicians fled Iraq in 2003, resulting in a doctor-to-patient ratio of six providers for every 10,000 people, well below the regional standard of 18 providers per 10,000 people.

“Security has improved which has stopped the mass exodus of physicians and the medical conditions are improving through the efforts of the Ministry of Health and Coalition Forces,” said Bastianelli.

“Now is the time to recruit these physicians back to their home country,” he added.

Iraqi and U.S. doctors saw over 250 patients at the clinic during the cooperative medical engagement.



An Iraqi patient waits as Capt. Nkemonam Okpokwasili, Co. C, 589th Brigade Support Battalion, 41st Fires Bde., looks in his personal digital assistant for prescription information during the cooperative medical engagement at the Dujaylah clinic, Jan. 8. (U.S. Army photo by Sgt. 1st Class Joe Thompson)

Florida NG signal Soldiers ready to serve Delta



Crestview, Fla., native Pfc. Ron Bauer, technical control facility help desk clerk, Co. B, 146th Signal Battalion, explores a customer's case on New Year's Eve. (U.S. Army photo by Sgt. Allison Churchill)

By Sgt. Allison Churchill
41st Fires Bde. PAO

FORWARD OPERATING BASE DELTA, Iraq – A small group of Soldiers from the Sunshine State has arrived to continue building the communications framework of FOB Delta.

The Soldiers of Company B, 146th Signal Battalion, Florida Army National Guard, who replaced 44th Signal Company in December, are eager to provide great customer service through the technical control facility.

“We’re like the cable company for FOB Delta, like Verizon or Adelphia,” said South Boston, Mass., native Spc. Melissa Butts, help desk technician.

The Soldiers working at the help desk address a variety of issues concerning phones, computer baselines and Internet installation, said Butts.

While unit information management officers are supposed to bring trouble tickets to the help desk, customers can directly help speed up some resolutions.

“If you’re getting ready to do renovations or even change desks, let us know – we can make it a lot easier,” said Butts.

Due to port security issues, if a Soldier disconnects his phone or computer from an Internet line for a period of time, they lose that Internet protocol address. By letting the TCF desk know about the move ahead of time, Butts said, the new port can be set up to work as soon as the Soldier moves.

Although the help desk may be the most direct contact Soldiers have with the TCF team, Co. B is also responsible for maintaining and growing the network around FOB Delta.

Captain Joel Dillard, of Jacksonville, Fla., the company commander, said several non-signal branch Soldiers have been retrained to keep up with demand.

“There’s a good chance if you see a Soldier laying cable, it could be a cook,” Dillard said. He added he cross-trained Soldiers in several signal specialties, so each could have a general understanding of how to assist help desk customers and fill in for other Soldiers when they take rest and recuperation leave.

The company has also been working with 324th Network Support Company, 589th Brigade Support Battalion, 41st Fires Brigade. The two companies have loaned each other joint network node operators so the Soldiers can sharpen their skills.

All efforts lead to the company’s first priority – customer service.

“The goal is to continue what 44th did – they laid the groundwork,” Dillard said. “We want to leave it better than we found it.”



Spc. Michael Williford (right), from Desoto, Mo., Personal Security Detachment, HHB, 41st Fires Bde., is reenlisted by Capt. Krofton Owen (left), of Wabash, Ind., HHB, 41st Fires Bde., Jan. 9. Williford requested to be reenlisted in front of two Paladins from 1-77 FA Regt.

Surgeon's Section

By Capt. Brent Tuma

848th Forward Surgical Team

Whether you want to build muscle, get a six-pack or just be able to see your toes while standing on the scales, then a weight training program could be the way to achieve your goals.

Before you embark on a weight training regime there are some things you should consider to ensure you are lifting correctly and exercising safely:

- Warm up before lifting. You should warm up for around 10 minutes doing a lighter version of the activity you are going to perform. A couple of sets of repetitions of squats, or lunges, using an empty bar is an ideal way to work up a slight sweat, before starting your first real exercise.
- Don't overdo it! Lifting too much too soon is sure-fire way to pick up an injury. Start slowly and build up the weights you lift through time.
- If you lose control of the weight before you finish the repetitions you were hoping to achieve, then you have too much weight on the bar.
- If you feel pain or it hurts when you are lifting or lowering beyond a certain point, then stop.
- If you are lifting weights overhead, you should have someone to spot you.

- Leg injuries are most common in beginners, usually brought about by incorrect technique, or by lifting too much too quickly.
- To avoid injury while doing leg exercises don't lock the knees when extending your legs.
- Leg press is a machine based exercise and you should keep the torso steady, and the movement should be smooth. Don't jerk or use quick movements, or you're liable to pull something.
- Squats can be done with or without a machine and are a very good exercise for the legs as a whole, if done properly with the correct weight. You should keep your back stable while moving only your knee, ankle and hip.
- When doing leg curls you're back shouldn't arch while doing the exercise.
- Start with a low weight then build up to one you are comfortable with.
- Beginners could try starting off using dumbbells.
- Use Proper technique.

Don't train every day. Reducing the number of consecutive days you train has been proved to help lessen the number of injuries that take place. Instead of training 1 hour a day for six consecutive days Why not try training for 90 minutes Monday Wednesday Friday and Sunday, the overall training time is the same but you're giving your body time to recover.

Remember...have fun and Good Luck!

IP getting back on his feet

By Sgt. Allison Churchill

41st Fires Bde. PAO

FORWARD OPERATING BASE DELTA, Iraq – Almost two months ago, 1st Lt. Abdul Hussein Talib Jaber thought he would lose his left leg.

Instead, through collaboration with American and Iraqi medical staff, the commissioner's leg should be healthy again in a matter of months.

Abdul's leg-saver is an Unna boot, a bandage coated with silver sulfadiazine. The boot isn't available in theater, so cardiothoracic and vascular surgeon Lt. Col. Kenneth Saum, of Carbondale, Ill., with 848th Forward Surgical Team, called a colleague from home to see if he would send one.

"He said he'd love to do it," Saum said of Bart Milstead, Memorial Hospital of Carbondale's administrator.

Saum "prescribed" the boot after seeing Abdul's leg for the first time Nov. 27. Soldiers from 511th Military Police Company had arranged Abdul's visit to the FOB Delta hospital after Iraqi doctors told the commissioner he was facing amputation.

Saum and Capt. Brent Tuma, of Cleveland, a nurse with 848th FST, diagnosed Abdul's problem as a complication from a past hernia surgery. Blood clots had blocked the flow of blood in his leg, causing it to collect near his ankle, killing the skin and leading to the ulcer.

The doctors worked together to get Abdul on medications to start treating the clots, and applied bandages with creams to treat the skin.

Abdul said he's happy with the progress so far.

"It feels very good and no longer feels heavy," said the com-



Lt. Col. Kenneth Saum, of Carbondale, Ill., 848th FST, applies an Unna boot to 1st Lt. Abdul Hussein Talib Jaber, Iraqi Police commissioner, on FOB Delta Jan. 5. (U.S. Army photo by Sgt. Allison Churchill)

missioner. Where there once was a hole, there is now smoother, though still black, skin.

Saum and Tuma encouraged Abdul to keep elevating his leg and told him to change the Unna boot once a week. Saum also advised Abdul to quit smoking.

"It will help your leg, and I don't want to have to treat you again because of a heart attack," joked Saum.

Abdul's leg probably won't ever be "like new" again, said Saum, but it will keep improving.

The American's earned his trust, the commissioner said.

"They're the honor of humanity," said Abdul.

511th MPs Awards Ceremony



Captain Terri Mason, Executive Officer, 511th MP Co., is awarded the Bronze Star Medal by Capt. Jess Traver, 511th MP Co., Commander, during an awards ceremony, Jan. 9. (U.S. Army photo by Sgt. 1st Class Joe Thompson)

FORWARD OPERATING BASE DELTA, Iraq—The 511th Military Police Company held an awards ceremony, Jan. 9, recognizing the personnel that are leaving for Kuwait to help re-deploy the unit.

Capt. Terri Mason, 511th MP Co., Executive Officer, received the Bronze Star Medal and the Iraqi Campaign Medal.

The following Soldiers received the Army Commendation Medal and the Iraqi Campaign Medal:

Staff Sgt. Felix Perez	Spc. James Gann
Sgt. Joseph Fluty	Spc. Daniel Martinez
Spc. Piedad Maldonado	Pfc. Marcus Kranz
Spc. Zainah Creamer	Spc. Joseph Lopez
Pvt. Richard Rec	Spc. Raymond Criswell
Spc. Curtis Gilbert	

The 511th MP Co., from Ft. Drum, N.Y., is being replaced by the 772nd MP Co., from Totton, Mass. The 511th MP Co., is currently conducting unit replacement operations with the advanced party from the 772nd MP Co.



The 511th MP Co., awardees stand in formation after receiving their end-of-tour awards, Jan. 9. (U.S. Army photo by Sgt. 1st Class Joe Thompson)



Specialist Raymond Criswell, 511th MP Co., receives his Army Commendation Medal from Capt. Jess Traver, 511th MP Co., Commander, during an awards ceremony, Jan. 9. (U.S. Army photo by Sgt. 1st Class Joe Thompson)

S1, Legal, Re-up New Location



The S1, Legal and Retention Offices are now open for business in their new building. Bldg. 161 Annex 2 is right next to the Brigade TOC. Hours of Operation: **S1** 0800-2200; **Legal** 0900-1900; **Retention** 0830-1900.

Chapel Services

Chapel 1

Sunday		Tuesday and Wednesday
General Protestant	0900	Bible Study 2000
Latter-day Saints	1030	
Gospel Service	1315	

El Sal Chapel

Sunday		Thursday
Catholic Mass (Sp.)	0900	Bible Study 1930
Protestant (Sp.)(Bldg. 12B)	1000	Saturday
Catholic Mass (Eng.)	1630	Catholic Mass (Sp.) 1930

TMC

Thursday	
Bible Study	1930

Wasit Iraqi Police celebrate 87 years



Wasit Governor Abd al-Latif Hamad Tarfah cuts the first piece of cake for the 87th anniversary of the Wasit General Police Department, Jan. 11.



Policemen with the Wasit Special Response Team present honors during the parade for the 87th anniversary of the Wasit General Police Department, Jan. 11.



Members of the Wasit Iraqi Police compete in a game of tug-of-war, during the sporting events at the celebration of the 87th anniversary of the Wasit General Police Department, Jan. 11.



Wasit Governor Abd al-Latif Hamad Tarfah hands out a gift to Maj. Gen. Abd al-Hanen Hammood Faisal, Wasit Provincial Director of Police at the 87th anniversary celebration, Jan. 11.



Members of the Kut Special Tactics and Weapons Team lead the vehicle march during the 87th anniversary of the Wasit General Police Department, Jan. 11.



The Iraqi Police band plays the marching music for the parade, celebrating the 87th anniversary of the Wasit General Police Department at the Police Headquarters in Kut, Jan. 11.

Photos by Sgt. 1st Class Joe Thompson
41st Fires Bde. PAO